

Substance Misuse 101

April 10, 2024

10am-11:30am PT



Host

Amanda Kakuska

Guest Speakers

Larissa Molina

Objectives

By the end of today's session, you will be able to...

1. **Learn** why we're talking about Substance Misuse
2. **How** to use Narcan & Fentanyl Testing strips
3. **Provide Feedback** on a substance misuse and opioid overdose PSA

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Chat links:

Group Agreements – Native STAND, lesson 1:

<https://www.healthynativeyouth.org/curricula/native-stand-2-0/>

Digital Learning Agreements: https://docs.google.com/document/d/15od_aYkTTQMzFz8p7tDJaljr9s-JGaJrNkmEk-8GX4/edit

TOR National Strategic Agenda: https://www.npaihb.org/wp-content/uploads/2020/03/NPAIHB_TOR_Agenda_Booklet_FINAL.pdf

Handouts <https://www.npaihb.org/opioid/#handouts1>

Drug Flashcards: [NPAIHB TOR Drug Flashcards-1.pdf](#)

Native Health Resources: [Home | Native Health Resources](#)

Mentimeter Activity: <https://www.menti.com/alwbwqsw2xu>

Narcan Training Video: <https://www.youtube.com/watch?v=HLhY9cz76nU>

Porky's Party: https://youtu.be/07eXryLUgTM?si=WsHlnCCN_tnFHnJH

Padlet Activity: <https://padlet.com/wernative/porky-s-party-psa-video-feedback-yxx8nlffe4ux9u60>

Session Feedback: https://www.healthynativeyouth.org/training_feedback/

TA Request Form: <https://www.healthynativeyouth.org/request/>

Part 2 CoP Registration: <https://us06web.zoom.us/meeting/register/tZMuCeCvrz4qGNFJEGGA99bnPi3-sWfkbdIB#/registration>

Chat feed (names and emails have been removed)

00:23:11 Bri: Hi all!

00:24:22 Amaya: Posoh mawanewak!

00:25:51 Bri: ela kwa!

00:26:07 Michelle: Ahe'hee, Auntie Amanda! Good medicine to start our day!

00:26:37 Frankiana: Ahe'hee 🍂

00:30:24 Amaya: Posoh-mawaneweyak,

00:30:35 Imo: Is that Brian in the picture?

00:30:53 Amaya: Menominee/Gerald L. Ignace Indian Health Center. Hoping to learn ways to approach suspected use

00:30:57 Taylor (they/them) IT: haʔt sləx̩il, my name is Taylor (they/them), I am a member of the Puyallup tribe, and I will be doing IT for this call. Let me know if you have any questions

00:30:59 Lisa: Lisa, Tlingit and Haida. Juneau, Alaska.

00:31:00 Bri: Wakai Jadi (Young Antelope)

00:31:04 Frankiana: Frankiana, Indigenous Wellbriety Program,

00:31:19 Kathy: Kathy Oglala, AICC WIOA youth program Spokane, WA hi to everyone!

00:31:19 Taylor (they/them) IT: Group Agreements - Native STAND, lesson 1:

<https://www.healthynativeyouth.org/curricula/native-stand-2-0/>

Digital Learning Agreements: https://docs.google.com/document/d/15od_aYkTTQMZfz8p7tDJaIjr9s-JGaIrnkmEk-8GX4/edit

00:31:21 Eva : Eva, Youth Development and Culture Grants Coordinator. Hoping to learn new skills today.

00:31:28 Imo : Imo (she/her), Indigenous Wellbriety Program, Dine Tribe, Cortez, CO.

00:31:50 Ann: Ann-Navajo-School Health Coordinator-Four Corners Regional Health Center-Red Mesa, AZ

00:31:53 Barbara: Barbara. Johns Hopkins Center for Indigenous Health. Sr. Research Program Coordinator with Teen Pregnancy Prevention programs.

00:31:53 Arlen : Arlen, Program Manager-Yakama Nation Juvenile Probation

00:31:55 ShaQuilla: ShaQuilla , Planner | Dine (Navajo) | She/Her | Arizona, Navajo Nation | Navajo Division of Behavioral & Mental Health Services.

00:32:10 Gerilyn:Geri, Asdzaan /she/her, SofNM Fostering Connections

00:32:16 Toney, NM, Navajo Nation, he/him: Toney, Navajo, He/Him, New Mexico, Tribal Consultant, NMDOH; Always a pleasure to listen, learn, and be in this kind space ❤️

00:32:34 Josephine: Phines (she/her) Athabascan/Inupiaq working for ANTHC, HIV/STD Prevention Program Coordinator, always love learning new things

00:32:52 NPAIHB: Michelle (she/her | Navajo): Michelle (she/her | Navajo), Healthy Native Youth Project Manager at Northwest Portland Area Indian Health Board - hit us up! msinger@npaihb.org

00:33:01 Kaleigh:Good morning everyone! My name is Kaleigh, I am Caddo, Kiowa, & Comanche from Oklahoma City. I currently live in Encino, CA and I work for an Indigenous Youth Empowerment Program in San Fernando. I mostly work with middle and high schoolers. I am excited for this session because we are a risk reduction/ youth diversion program, so this information will be informative for the youth I work with. Háwwih (thank you) for the work you all do to support Native youth!

00:33:06 Ashlee: Ashlee, Lummi Nation School, Mental Health Professional - hoping to gain ideas for working with youth & families

00:33:20 Sammy:Sammy jr. w/ Indigenous wellbriety program. cortez colo

00:33:42 Nichelle (she/her/akoanha): Nichelle she/her from Saint Regis Mohawk Tribe from upstate NY. I work with High School students at my local school as Student Counseling Program Assistant.

00:33:44 Devi: Devi Assiniboine & Little Shell with MWV in Missoula

00:33:56 Jaylyn: Jaylyn, She/Her, Colville / Chippewa Cree tribe with the American Indian Community Center WIOA Program. Hope to learn great things to share with others for the good of all

00:34:01 Lalonni:'ehe my name is Lalonni, nimiipuu, Umatilla & Yakama, Education Trainer for the Nez Perce Tribe's Indian Child Welfare program in Lapwai, Idaho (she/her)

00:34:17 Charity: Charity, Dine Tribe, Center for Indigenous Health , here to learn about new resources and update skills on substance misuse

00:34:17 Hailey: Hello, my name is Hailey. I'm a Youth Case Coordinator with the Yakama Nation Youth Court Services Program.

00:34:18 Joseph: tac meeywi, Good Morning. im here for the Nez Perce Tribe Education Department with the Students for Success program

00:34:58 Hunter: Hello! My name is Hunter (she/her) from Juneau Alaska, Tlingit & Haida. I'm the Youth Navigators Program Coordinator. Gunalcheesh

00:36:57 Elvia: Elvia-Palacios (Ella, She)Project Coordinator CSU/Extension the Health Without Barriers Program

00:38:26 Casey: Casey, She/Her, Flandreau Santee Sioux Tribal Health Behavioral Health Case Manager, I am of the Flandreau Santee Sioux Tribe

00:38:36 Bri: 🙄

00:39:09 Hannah: Hannah, she/her, Alaska Native Tribal Health Consortium, Cup'ik from the Chevak Quissunamiut Tribe in Chevak, AK

00:39:22 Amanda (she/her): Replying to "Hannah, s..."

Hey Hannah! 😊

00:39:40 Madison: Madison, Health Promotion and Planning Program Manager(Saint Regis Mohawk Tribe, NY) She/Her Akwesasne, NY

00:40:41 Lindsay: how would one test a vape for fentanyl?

00:42:24 Amanda (she/her): Ask Auntie video on fentanyl: <https://www.wernative.org/ayr-questions/hey-auntie-i-keep-hearing-a-lot-of-scary-things-about-fentanyl-whats-the-deal>

00:42:31 Bri: 🙄

00:44:09 Imo: Thank you for the resources

00:44:14 Taylor (they/them) IT: TOR National Strategic Agenda: https://www.npaihb.org/wp-content/uploads/2020/03/NPAIHB_TOR_Agenda_Booklet_FINAL.pdf

00:45:43 NPAIHB: Michelle (she/her | Navajo): Tribal Epidemiology Centers -- there are 12 in the nation -- offer tribal regional data and statistics per a tribal request on various disease and

surveillance info that could be a help for education, awareness and adolescent health planning for your local/regional youth efforts and grant seeking support.

00:46:09 Taylor (they/them) IT: Handouts <https://www.npaihb.org/opioid/#handouts1>

00:46:20 Michaela: Michaela (Walker River Paiute & Swinomish), She/Hers, Tribal Liaison for North Sound Accountable Communities of Health. Joining in from Bellingham, WA today. tíg*wícid

00:46:39 Sarah: Can you provide a link for the National Strategic Opioid Response Agenda?

00:47:19 Taylor (they/them) IT: Replying to "Can you provide a li..."

It's further up in the chat but I can send it again :)

00:47:26 Amanda (she/her): TOR National Strategic Agenda: https://www.npaihb.org/wp-content/uploads/2020/03/NPAIHB_TOR_Agenda_Booklet_FINAL.pdf

00:47:29 Stephanie: Replying to "Can you provide a li..."

<https://www.npaihb.org/opioid>

00:47:29 Taylor (they/them) IT: Replying to "Can you provide a li..."

TOR National Strategic Agenda: https://www.npaihb.org/wp-content/uploads/2020/03/NPAIHB_TOR_Agenda_Booklet_FINAL.pdf

00:49:23 Amanda (she/her): A question for the group: if you're not in the PNW where can you go to find Harm Reduction supplies? Please share. 😊

00:50:14 Sara: Same I am in Los Angeles CA

00:50:29 Taylor (they/them) IT: Drug Flashcards: Usingfentanyltest-strips_Final-compressed.pdf (npaihb.org)

00:50:35 Bri: Anchorage Health Consortium has you call pharmacies & they should be able to assist you

00:51:21 Imo: Replying to "Drug Flashcards: Usi..."

this is only for the instructions on fentanyl test strips

00:51:25 Taylor (they/them) IT: Native health resources: Home | Native Health Resources

00:51:38 Taylor (they/them) IT: Mentimeter Activity: <https://www.menti.com/alwbwqsw2xu>

00:51:51 Amaya: Replying to "A question for the g..."

Milwaukee, WI - the city health department has a variety of programs thru the city. Ability to distribute and hold education events/programs shifts depending on funding. There are smaller scale local orgs involved in harm reduction that lead efforts here and there as well - more difficult to locate than city resources.

00:51:54 NPAIHB: Michelle (she/her | Navajo): Tip: Utilize your native students in your health education classes and/or youth groups perhaps as "interns" -- middle, high school or college -- to help in your program planning and tools/resources development! They are so willing!

00:52:44 Hannah: Alaskans can order Narcan/naloxone, fentanyl test strips and other harm reduction/safer substance use supplies for free from IKnowMine.org:
<https://www.iknowmine.org/shop/>

00:52:52 Amaya: The QR brings you to the second question but not the first.

00:52:56 Amaya: im on mobile

00:53:04 Bri: Narcan was only available per prescription but now I think its becoming more readily available ie. hospital pharmacies, vending machine, retail pharmacies

00:53:17 Hannah: Replying to "Alaskans can order N..."

Naloxone training online is available in the website as well, required for Alaskans to take in order to receive a kit: <https://www.iknowmine.org/topic/opioid-overdose-response-kit/>

00:53:40 Ruben: Narcan is used to stop opiate overdose ?

00:53:55 Amaya: new program in mke: <https://county.milwaukee.gov/EN/DHHS/BHD/Harm-Reduction-Vending-Machines>

00:54:44 Nicole: Replying to "new program in mke: ..."

Love this Amaya!!

00:57:06 Amaya: Replying to "new program in mke: ..."

new funding opp in mke: Better Ways To Cope (milwaukee.gov)

00:57:34 Taylor (they/them) IT: Narcan Training Video:
<https://www.youtube.com/watch?v=HLhY9cz76nU>

00:58:30 Nicole: Saw my first narcan emergency box at an elementary school this year- it was just like the defibrillator or a fire extinguisher. I was so happy to see it like that in a public space.

00:59:38 Frankiana: Can we get the link for the Flashcards? The other link was on just fentanyl strip testing. Thank You

00:59:39 Amaya: Replying to "Drug Flashcards: Usi..."

do u have link for the other drug flashcards mentioned by Larissa?

01:00:02 Larissa: Replying to "Drug Flashcards: Usi..."

chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.npaihb.org/wp-content/uploads/2024/02/NPAIHB_TOR_Drug_Flashcards-1.pdf

01:00:03 Taylor (they/them) IT: Replying to "Drug Flashcards: Usi..."

NPAIHB_TOR_Drug_Flashcards-1.pdf

01:01:23 Frankiana: Replying to "Drug Flashcards: Usi..."

Thank you 🍂

01:01:27 Sherwin: What if you mistakenly think someone has overdosed and give them NARCAN, will it harm them (make them worse of than they were before)?

01:03:24 Ross: Great video ... thanks :)

01:04:00 Yolanda: Thanks for the video.

01:05:52 Sarah: Do we have the link to the Narcan Video?

01:05:53 Yolanda: Wow! Eight is a lot of Narcan to use.

01:06:23 Sarah: Replying to "Wow! Eight is a lot ..."

Did she say 8 doses is a max? Sorry I missed that

01:06:27 Yolanda: Is there any drug that Narcan does not work on?

01:06:37 Taylor (they/them) IT: Replying to "Wow! Eight is a lot ..."

Narcan Training Video: <https://www.youtube.com/watch?v=HLhY9cz76nU>

01:06:57 Larissa: Narcan only works for opioids, no other substances

01:07:08 Taylor (they/them) IT: Replying to "Wow! Eight is a lot ..."

@Sarah Wilborn she said it can take up to 8 doses to reverse a fentanyl overdose

01:09:13 Casey: Replying to "Wow! Eight is a lot ..."

She said as I understood it was the average amount used in a situation vs 2 doses in the past

01:09:46 Bri: Think About: Ancestor prayers they left behind for you, make them true -Dine woman

01:09:51 Arlen: The Niix Ttawaxt (Nine Virtues) Arlen, Yakama Nation

01:10:18 Taylor (they/them) IT: Porky's Party:
<https://www.youtube.com/watch?v=HLhY9cz76nU>

01:11:03 Lalonni: "Because you are alive, everything is possible." Thich Nhat Hanh quote shared by Lalonni, a nimiipuu 'aayat

01:11:04 Nicole: "You're doing the best you can, stay motivated and keep moving toward the future you want."- Nicole (she/they)

01:11:14 Sara: Remember you are the dreams of your ancestors. You are here for a reason and your life has purpose. You are a gift. You are loved. Sara - Cow Creek Band of Umpqua Tribe

01:15:18 Eva: I have to leave early for another meeting. Have a good day.

01:15:35 Amanda (she/her): Replying to "I have to leave earl..."

See you Eva! Have a good one. 😊

01:18:24 Christine: Can fentanyl be put in drinks?

01:18:36 Linda: Thank you for this informative training. I have to hop off for another meeting

01:18:49 Imo: "The most dangerous thoughts can come from you, please be kind to yourself. Only you can make the decisions that can change your mindset, believe in yourself." Imo-Navajo (She/Her)

01:18:51 Yvonne: Love your life, remember your ancestors. They faced and overcame resilience and adversity, so can you! Center of Harmony and Recovery, Navajo Nation!

01:19:48 Corie: Is there a link to this video?

01:19:51 Sarah: Replying to "Can fentanyl be put ..."

Yes! Most pills on the street have fentanyl in them. They can be crushed into a powder...

01:20:10 Taylor (they/them) IT: Replying to "Is there a link to t..."

Porky's Party: <https://www.youtube.com/watch?v=HLhY9cz76nU>

01:21:13 Corie: Replying to "Is there a link to t..."

This link is to the Narcan training video

01:21:17 Amanda (she/her): I love granny <3

01:21:23 Sarah: Can fentanyl strips be used with weed?

01:21:44 Madison: our community has had a lot of cases that have needed 6 narcan due to drugs being mixed with fentanyl and animal tranquilizers

01:22:34 Taylor (they/them) IT: Replying to "Is there a link to t..."

oh thank you! Here it is

01:22:35 Taylor (they/them) IT: Replying to "Is there a link to t..."

https://youtu.be/07eXryLUgTM?si=WsHInCCN_tnFHnJH

01:22:41 Bri: Thanks for the VID

01:25:06 Corie: Replying to "Is there a link to t..."

Thank you!

01:26:11 Amanda (she/her): If you need to make this bigger on your screen go to your toolbar on zoom and click view to increase the size

01:27:20 Imo: Is this video good to share with all youth in general? Especially if you live in a very diverse community.

01:27:54 Amanda (she/her): Replying to "Is this video good t..."

Yes! 😊

01:28:45 Adina: when requesting Narcan what if you are asked why you need it?

01:28:49 NPAIHB: Michelle (she/her | Navajo): Replying to "Is this video good t..."

Yes! This would be good to have a caveat that it can apply to any setting or community with all ages but it is meant to be culturally relevant for AIAN but can be adapted in the discussion.

01:29:02 Taylor (they/them) IT: Padlet Activity: <https://padlet.com/wernative/porky-s-party-psa-video-feedback-yxx8nlffe4ux9u60>

01:30:14 Larissa: Replying to "when requesting Narc..."

You can say you just want to stay safe if you are ever faced with an overdose as there is a rise in fentanyl

01:30:25 Nicole: I'm not seeing the plus button...is it possible comments are closed?

01:30:28 Michaela: I am sorry, I have to leave early, this was a great presentation. Thank you for the training material and information. Would love to be sent any follow up content at

01:31:05 Joseph: do we need an account on this site to get that plus sign?

01:31:06 Taylor (they/them) IT: Replying to "I'm not seeing the p..."

I'm having the same issue

01:31:08 Amaya: Replying to "I'm not seeing the p..."

me either. There's three dots but only option in drop down is 'copy section name'

01:31:21 Frankiana: Replying to "I'm not seeing the p..."

Same here

01:31:36 Adina: same

01:31:44 Sherwin: you have to sign up first

01:32:30 Imo: Replying to "Is this video good t..."

@NPAIHB: Michelle (she/her | Navajo) Thank you. I feel that we always have videos from predominantly non-Native community members, the video highlights and educates NON-native community members.

01:33:06 Ross: Agree, excellent video. It elicited an emotional response and felt authentic, great job :)

01:33:43 Yvonne: the video can relate to the age group in all native communities.

01:33:54 Ashlee: Is there a link to the discussion guide?

01:35:06 NPAIHB: Michelle (she/her | Navajo): I enjoyed that it was a strength-based approach through education and awareness especially with no judgement coming from the elders to the youth.

01:35:16 Taylor (they/them) IT: Replying to "Is there a link to t..."

@Larissa I don't have it in my link list, do you have a link?

01:35:19 Emilee: I'm sorry I missed the beginning, is opioid and fentanyl the Something? Or do they have the same effects?

01:35:35 Emilee: Thank you!

01:35:40 Christine: I really like that they included examples of why everyone should be part of this effort.

01:35:41 Nicole: Really appreciate that the discussion guide is short and sweet, it will be easy to share and use!

01:36:01 NPAIHB: Michelle (she/her | Navajo): I enjoyed modeling of outreach from the youth to others -- seeking and reaching out for help -- rather than trying to struggle in private and taking it all on by themselves.

01:36:03 Taylor (they/them) IT: Replying to "I'm sorry I missed t..."

Fentanyl is a type of opioid, just like heroin is a type of opioid

01:36:12 Amanda (she/her): What would you add or remove from the discussion guide?

01:37:00 Josephine: I loved the video but with the guide, maybe adding information that SUD isn't just aimed or directed at one age group, but all

01:37:54 Nicole: A list of possible responses always helps take the pressure off educators/ youth facilitators

01:38:18 Lisa: I think it is so important to encourage adults to learn about drug overdose and misuse. Their grandchildren and great grandchildren may spend more time with those adults. Youth may go to their Elders for help, and if they don't have the information on what to do next. it could cause trauma for the Elders as well. I will share this with our Elder's program!!!

01:38:29 Imo: I feel more comfortable in showing this video regardless of which community its focused on. This video not only shows that minority community members are educated and do pay attention to their community and can also be applied to mainstream society. Its time to see that we (Native and or Indigenous people) can educate and are resilient in their cultural knowledge. 😊 THANK YOU SO MUCH!

01:38:30 Nicole: Maybe reinforcement of the key messages of the video to close out the activity...if that's not already included

01:38:54 Amaya: can you touch on the language choice of substance misuse vs substance abuse??

01:39:16 Bri: My first impression was these kids are getting younger for the use of drugs, its pretty sad. I recently lost a brother to overdose & he was 24. I think adding location to the chart was indictive. I would use the vid almost everywhere, libraries, waiting room, etc... I love this presentation!

01:40:11 Amanda (she/her): Replying to "My first impression w..."

Thanks Bri for sharing. I'm sorry for your loss. ❤️

01:41:33 Imo: Replying to "My first impression w..."

Bri, thank you so much for sharing and please continue to pursue whatever you're doing to honor the loss of your brother. HUGS. ❤️ 🍂

01:41:57 Nicole: Super helpful though Ashlee! Giving youth a moment to reflect or have a wellness moment could really support them processing the emotional aspect of it!

01:42:53 Christine: Could have doodling paper for them before video so as stuff comes up.

01:42:56 Stephanie: It could pair nicely with Native STAND Lesson 17 - Drug and Alcohol Misuse

01:43:12 Nicole: Could provide the We R Native coloring book for them to color while talking

01:43:14 NPAIHB: Michelle (she/her | Navajo): Self Care safety plans for both youth and educator as this can be triggering and/or heavy if the talking circle happens after the viewing and the Q & A discussion. Wrap up with signing up for caring messages and/or leave with the Youth Support Resources document.

01:43:56 Stephanie: Replying to "It could pair nicely..."

If folks wanted to use both - over two sessions

01:44:01 Nicole: Replying to "Could provide the We..."

<https://www.wernative.org/gear/we-r-native-coloring-book>

01:44:55 Ashlee: Replying to "Could provide the We..."

I have been using reverse coloring book activities and my students have been loving it.

01:44:55 Nicole: One other thing we use in lessons- we provide a content warning to let youth know the topic and give them a chance to step out if this subject is hitting a little too close to home at the moment

01:46:00 NPAIHB: Michelle (she/her | Navajo): Thank you so very much for all the heart, the hope and the good words in this Community of Practice from the participants and certainly our presenter, Larissa! Brilliant!

01:46:06 Nicole: I really appreciate all your work on this Larissa! Super helpful content and resources.

01:47:23 NPAIHB: Michelle (she/her | Navajo): The Linktree Link has the April 2024 issue! www.linktr.ee/HealthyNativeYouth

01:47:25 Yvonne: thank you everyone, this was my 1st meeting!

01:47:25 Nichelle (she/her/akoanha): Thank you/Nia:wen!!!

01:47:29 Taylor (they/them) IT: TA Request Form:
<https://www.healthynativeyouth.org/request/>

01:47:41 Taylor (they/them) IT: Session Feedback:
https://www.healthynativeyouth.org/training_feedback/

01:47:56 Taylor (they/them) IT: Part 2 CoP Registration:
<https://us06web.zoom.us/meeting/register/tZMUceCvrz4qGNFJEGGA99bnPi3-sWfkbdlB#/registration>

01:47:58 Imo: This is AMAZING!!!!!! I appreciate this online education for our youth. I am so thankful for your amazing knowledge and continuing to educate everyone. LOVE, LOVE, LOVE!

01:48:14 Christine: Thank you!

01:48:46 Ashlee: This was great, thank you for all of the resources.

01:48:50 NPAIHB: Michelle (she/her | Navajo): Don't forget to Bookmark --> NativeHealthResources.com to order for free or low cost social marketing campaign resources including Tribal Opioid items!

01:49:05 Ross: Great MCing Amanda :)

01:49:10 Frankiana: Thank You for all the new resources and videos 🍂💙

01:49:42 Sara: Thank you 🍷🙏

01:49:44 Amaya: Y'all are the best! Waewaenen <3

01:49:55 Bri: I think a mobile unit like here(PORT SKLALLAM JAMESTOWN MOBILE UNIT) everywhere would be awesome! Thanks for your prayers & presentation!

01:49:58 Corie: Thank you so much. This was excellent!

01:50:01 adam: awesome jobs guys

01:50:09 Ross: Thanks Larissa ! :)

01:50:11 Laloni: Thanks so much, everyone 🌸

01:50:12 Joseph: 🙌

01:50:14 Adina: Thank you so much!!!!!!! 🌸

01:50:14 Juan: Great Presentation!! Thank you for all the resources...